

WIC Foods for Pregnancy

The new WIC foods help you and your baby meet today's nutrition needs as recommended by your health care provider during pregnancy. You can continue to enjoy milk, cereal, eggs, juice, peanut butter and beans plus fruits,

**New &
Improved!**

Your New WIC Foods:



Are lower in fat and higher in fiber



Promote healthy weight gain for you and your baby



Improve the variety of foods available



Are consistent with Dietary Guidelines, MyPyramid, and infant feeding recommendations!

What You Will Receive:

GRAINS

- 36 ounces iron-fortified cereal
- 1 pound whole wheat bread
- **Or** other whole grain options

FRUITS and VEGETABLES

- 144 fluid ounces of vitamin C-rich juice
- \$8 cash value voucher for fruits and vegetables

DAIRY

- 22 quarts of milk
- More allowed substitutions

PROTEIN

- 1 dozen eggs
- 1 pound dried beans or peas
- **Or** 4,15 ounce cans
- 18 ounces of peanut butter

Eat WIC foods for a healthy you and a healthy growing baby!